July 2016						
Su	Мо	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



CALENDAR

July 4 - CLOSED Independence Dav

July 5 - First day Summer Taffy

July 6 - Senior Dinner

July 7 - Italian Cooking Class

July 11 & 25 - Community Jam

July 21 - AARP Defensive Driving Class

Senior Monthly Dinner



Bring a dish to pass & Your Place Setting July 6, 2016 6:00 pm

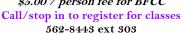
~ All are Welcome ~

First Wednesday of the month Next Dinner: August 3, 2016

AARP Defensive Driving Class

July 21 9:00am - 3:30 pm

Fee: \$20 for AARP Members \$25 for Non-members \$5.00 / person fee for BFCC





Italian Cooking Class

with MaryAnne Holleran

Thursday, July 7, 2016 6:30-8:30 pm Cost \$20 / person MENU:

Italian Three Bean Salad Country Style Rigatoni Italian Date Bars Guest Chef: John Castiglione

Space is limited; call office to sign up

Mark your Calendar:

Red Cross Blood Drive
Tuesday, August 9, 2016
Walk-ins Welcome 1-6 pm



Youth Programs:

Summer TAFFY



July 5 - August 5, 2015 (Registrations on-going)

Teen Night Out

(Mark your Calendar:)

August 2nd - Teen Cookout August 9th - Binghamton Mets Game August 11th - Seabreeze Amusement Park

** RSVP & Volunteer Hours Required **

Senior Dinner - July 6th

Volunteer Opportunities Available Youth Dept.: 562-8443 ext 307

Teens looking for odd jobs?

Residents need odd jobs / yard work done?

Y.E.S. (Youth Employment Service)

A year round service for youth ages
14-21 yrs looking for work and for
individuals and businesses that have work to be done.

Call the Youth Department for details.
607-562-8443 ext 307

~Calling all Musicians ~

Looking to Share your talents and learn new music and most of all have FUN?

Community Jam Session

2nd & 4th Monday / month 6-9pm Big Flats Community Center

Open to all musicians of any talent & skill level



July 2016



Exercise

Dance with Tracy Wigley:

*Dance Classes to Resume July 25th

Childrens Ballroom & Latin

Mondays 4:00-5:00pm / Fee \$15 per class **Boot Scootin' Bandits Line Dancing**

Mondays 6:30-7:30 pm / Fee: \$10 per class **International Latin**

Mondays 7:30-8:30 pm / Fee: \$15 per class Children's Ballroom & Latin Team

Thursdays 4:00-5:00pm / Fee \$10 per class Children's Beginner Ballroom & Latin

Thursdays 5:00-5:30pm / Fee \$10 per class **Social & Party Dance**

Thursdays 6:30-7:30 pm / Fee: \$15 per class **Ballroom & Latin Dance**

Thursdays 7:30-8:30 pm / Fee: \$15 per class **Bone Builders**

Tuesdays/Thursdays 10:00-11:00 am

Call Cornell Cooperative Extension 734-4161 to register. (doctor's release and paperwork required for new participants)

Flexibility Exercises

(using chairs for balance)

Mon/Wed/Fri 10:30-11:30 am 'Gentle' Yoga-Karen Clark Romans:

> Tuesdays 6:00-7:00 pm Thursdays 6:00-7:00 pm

Fee: \$42/6 classes; \$10 Drop-in

Zumba with Vicki Rossettie:

Wednesdays 7:30-8:30 pm *Thursdays 12:30-1:30 pm

Fee: \$42/6 classes; \$9 Drop-in

The red rolling book cart has books for adults available to the community for free. Please feel free to take a book and/

or donate a book back. Available in the outer lobby.

The **Bright Red Bookshelf** provides **FREE** books. Look for the **Bright Red Bookshelf** in the outer lobby and take a book or two for the children in your life. Book donations accepted in the office.

Big Flats Community Center

476 Maple St. Big Flats, NY 14814 607-562-8443 x. 303 IDD-711

communitycenter@bigflatsny.gov Office Hours 8am - 4pm Website: www.bigflatsny.gov



Creative

Hands:

ART:

Tuesday Painting Tuesday 1-4 pm

BYO Project

***Will Return Sept. 6th*

Portrait Workshop

Wednesday 1-4 pm \$10.00/Class *** Will Return September 7th ***



Sewing / Knitting:

"Senior Sewing" Wednesday 9-Noon **BYO Project** Instruction available

"Knit 'n Knots" Monday & Friday 9-Noon

Senior Bus Trip 2016

Cortland Repertory Theater "Kitchen Witches" Comedy



Sept 13&14 Lancaster, PA 'Sampson"

Penn's Peak "The Rat Pack"

Beaches Dinner Theater, Jim Thorpe, PA "X-mas in the 50's"

> Mary Lee Fairbrother 562-796-9720 Donna Wren 562-7418 Margie Flynn 562-3736

For more info call:

Card Games:

Monday: BRIDGE

Tuesday: The Players / Bridge

Wednesday: EUCHRE Friday: PINOCHLE



12:30-4:00 pm Come and play! All are Welcome!

Eat Well, Live Well Lunch

Mon./Wed./Thurs. Lunch 11:30 am

Suggested donation \$3 Sponsored by:

Office of Aging & Long Term Care Please call 737-5520 one day in advance for reservations

Monthly Menus available in Lobby



